

# VITAL SIGNS

VOL III No. 7 Naval Regional Medical Center, Orlando, Florida

1 April 1981

**99 and 44/100% ready and waiting**

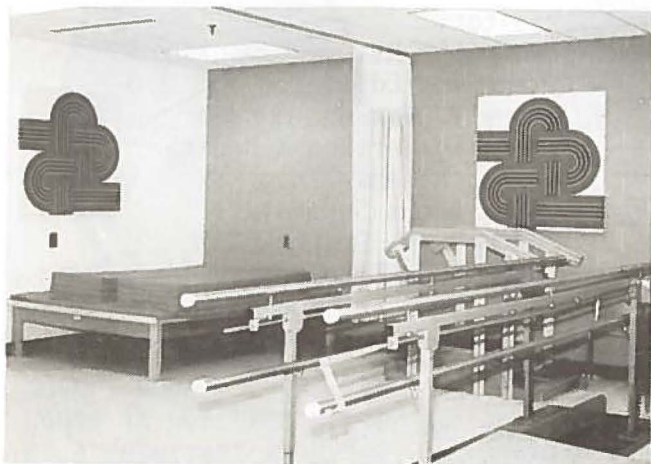
**Move-in days: 11-12 April**



**Main lobby**



**A typical clinic area**



**Physical therapy exercise room**



**Final polish on the USS Hope's  
bell to be displayed in lobby**



**Noted for excellence - March Inspection**

HMC R. Moore  
 HMC T. Mastin  
 HM1 B. McQuigg  
 HM1 L. Griffin  
 HM2 M. Petitt  
 HM2 D. Porter  
 HM2 L. Brock  
 HM3 P. Chicorelli  
 HN G. Molly  
 HA G. Bondoc

**We're sorry you're leaving!**

HMC J. Stockberger on Separation Leave  
 HM3 C. Giles to USS HULL (DD-945)  
 HM3 H. Baker to civilian life  
 HN M. Burls to FMSS at Camp Lejeune  
 and FFT to 3rd FSSG, Okinawa  
 HN E. McMillion to FMSS at Camp  
 Lejeune and FFT to 1st MarDiv  
 Element, 29 Palms, CA  
 HM1 E. Manley to NavHosp, Guantanamo  
 Bay, Cuba  
 HM2 S. Stutzka to FMSS, Camp Lejeune  
 and FFT to Beachmaster Unit ONE,  
 San Diego

**We're glad you're here!**

HMC C. Buffum from NRMC, Okinawa  
 HM1 G. Collis from Mobile Construction  
 Battalion ONE  
 HM1 B. Russell from NOSA, Yorktown  
 HM1 W. Shockey from NRMC, Naples  
 HM1 E. Waddell from NRMC, Okinawa  
 HN J. Weaver from NSHS, Portsmouth

**From NSHS San Diego:**

HA P. Armellino	HA W. Tucker, III
HR R. Bratley	HA D. Tusio
HR J. Cayll	HA R. Walden
HA J. Fredericks	HR R. White
HR T. Gaffney	
HR G. Harmon	
HN R. Scintilla	From FMSS Camp Lejeune:
HR N. Tabbott	HA M. Hillman

**From HCS Great Lakes:**

HA L. Bennett	HA D. Beck
HR F. Pridgen	HA J. Escobar
HA R. Richardson	HA R. Carleton
HA M. Watson	

**Whooooizzit???**

DO YOU KNOW THIS STAFF MEMBER? (Answer  
 on Page 8.)

American  
 Red Cross Volunteer hours  
 for February -  
 1,747!

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VITAL SIGNS is published in compliance with NAVEXOS-P35 (Rev. JAN74) and printed by the Navy Publications and Printing Service Branch Office, Orlando, from appropriated funds.

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**RAMP****PAGE!**

By HM1 Bogan McQuigg, USN

## Do you believe in capital punishment?



HN D. Kinney, ICU: "Yes, because I feel that if someone is sick enough to kill, then they should die and not be put in prison to be paroled in 10 to 20 years."



HM2 R. Beers, CSSR: "Yes. Some of the terrible crimes committed against man deserve a deterrent such as the death penalty."



L. West, Housekeeping: "Yes, but they should have a chance to be judged properly."



LCDR W. Neiryck, Recovery Room: "Yes, because it has been proven as a deterrent to crime. A man who has committed a horrendous crime should not be released back on the street."

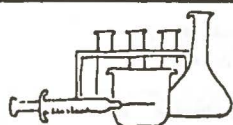


Jodie Barker, NRM Annex, Medical Records: "Yes, particularly for crimes against children."



LT G. Holean, Nursing Svc: "Without a doubt, people have to be held responsible and accountable for premeditated acts of violence against their fellow man."





## Lab Line

By LCDR J. D. Cotelingam, MC, USNR

### Quad zeros bridging the gap

This month, we would like to focus on four of our technicians who technically are really not technicians at all!

To help alleviate the shortage of qualified medical technicians, we have had four general service corpspersons assigned to work in the Lab. Their good attitude, combined with much hard work, has equipped them with basic capabilities and skills in the Microbiology, Biochemistry, Hematology, Coagulation and Urinalysis Sections of this Laboratory.

HN Claire Elliott hails from Port Murray, New Jersey. She completed HM School in May 1980 at Great Lakes. Prior to reporting to the Lab, HN Elliott worked in the Labor and Delivery Suites, newborn nursery, and the OB-GYN wards. HN Elliott has already become a proficient phlebotomist and her skills in hematology are improving daily.

HN Debbie Goodman is from Memphis, Tennessee. Her HM School was also at Great Lakes and she graduated in March 1980. Before reporting to the Lab, HN Goodman worked on Wards 10 and 11. HN Goodman has become so expert in her Lab duties, she often handles the Urinalysis Section alone.

HN David Norton is from Dadeville, Alabama. He completed HM School at San Diego and FMSS at Camp Lejeune. Upon reporting to NRMC in April 1980, HN Norton was assigned to Ward 12. He is an excellent phlebotomist and works particularly well with children.

HM3 Carmelo Torres hails from Caguas, Puerto Rico. His first NRMC assignment was on Ward 9 and he first started his laboratory duties at the NRMC Annex Lab. Petty Officer Torres is currently assigned to the Hematology Laboratory where he is sharpening his skills in coagulation work.

We are especially proud of these young people who exemplify a keen desire to learn and serve. It has, indeed, been a satisfying experience to have been involved in their training. The experience becomes even more rewarding with the knowledge that all four have applied for Laboratory School!



HN  
Claire  
Elliott



HN  
Debbie  
Goodman



HN  
David  
Norton



HM3  
Carmelo  
Torres



**Nursing****Service**

By LT Greg Holeman, NC, USN

**It's YOUR career - plan it!**

The Navy not only provides a wide variety of experiences, it also offers an incredible amount of opportunity for those actively seeking it. Many of the opportunities that exist for enlisted personnel, however, demand the service member display some personal initiative regarding them.

Command Career Counselors standby ready to assist and can provide valuable insights regarding career pathways of the hospital corps, as well as other existing educational opportunities. Programs do change from time to time and it is important to stay in touch with these valuable resource personnel. Our career counselor is HMC Rex Reeder, who works out of the Human Resource Management Office.

Setting career goals and priorities is probably one of the most career enhancing actions one can take. Interest in a specific area must be appropriately communicated and action and attitudes must indicate a healthy desire to achieve.

John B. Gough stated it plainly: "If you want to succeed in the world (Navy), you must make your own opportunities as you go. The man who waits for some seventh wave to toss him on dry land will find that the seventh wave is a long time a-coming. You can commit no greater folly than to sit by the roadside until someone comes along and invites you to ride with him to wealth or influence."

**Chaplain's****Comments**

By CDR W. E. Tumblin, CHC, USN

**The perils of perfection**

In Matthew 19:16-22 there is an account of Jesus meeting a noteworthy person. He was young, rich, and of good character. Evidently someone with a lot going for himself; he did not lie, cheat, or steal from people. He treated them with respect and participated in church services where he received reinforcement to live out high moral values.

I find myself thinking: gee, this fellow is close to a 10. Jesus did not condemn him certainly. According to Mark 10:21, Jesus loved him, and suggested he could grow in one area: liberality. The rich young man felt incomplete in spite of all he had, all he was, all he wanted.

He inquired about what he could do to have eternal life. When Jesus suggested he sell out, distribute to the poor, and then become a disciple, the young man went away sad. Apparently this thing that Jesus suggested was the one thing he would not give up to gain eternal life.

His "bottom line" was his wealth. For most of us in the Navy family, wealth is not the "bottom line." Our treasures likely lie elsewhere. Close beside them, are our hearts. Health is a precious treasure, although an elusive one. Youth is another treasure that slips away from all of us day by day. Moral integrity is also a treasure although ridiculed by some. Of all treasures, that of God's Kingship within makes life richer for each person, diminishes no one in the process, and binds people together in love. Our feelings of incompleteness will respond to this treasure. Give some of God's treasure away today.

**Happy Easter**



## **... From the other side!**

**By HMC Alex Phillips, USN**

### **Leadership**

Intuitive definition of leadership is attempting to impact the behavior of individuals to achieve a common goal. To some, the matter of giving orders seems a very simple affair; they expect to issue orders and have them obeyed without question. Shrewd sense has shown that the issuing of orders is surrounded by many difficulties. Demanding unquestioning obedience to orders whether understood or not, is bad policy.

Psychologists tell us that you not only cannot get people to do things most satisfactorily by ordering them, but also that even reasoning with them, even convincing them intellectually, may not be enough. Even the "consent of the governed" will not do all the work it is supposed to do -- an important consideration for leaders. For all our past life, our early training, our later experience, all our emotions, beliefs, prejudices, every desire that we have, have formed habits of mind that are called habit-patterns. Therefore, it will do little good merely to get intellectual agreement; unless you change the habit-patterns of people, you have not really changed your people.

We, in the military, should foster certain habit-patterns; that is, certain mental attitudes in subordinates. Analysis of this tells us that we have to do three things:

1. build up certain attitudes
2. provide for the release of these attitudes
3. augment the released response as it is being carried out

What does all this mean? To use an example of a salesman -- the salesman first creates in you an attitude that you want his article. At just the right (psychological) moment, he produces his contract which you may sign and thus release that

attitude. If, as you are preparing to sign, someone comes in and tells you how pleased he has been with his purchase of the article, that augments the response which is being released.

If you apply this to the subject of orders and obedience, we can see that people obey an order only if previous habit-patterns are appealed to or new ones created. These habit-patterns are created and acquired in recruit training. The released attitude is fixed as a habit through repetition of the same response. This is an important consideration for us for, from one point of view, accomplishing a common goal depends largely on leadership -- namely, whether we are so organized that lends itself to foster certain habits and certain mental attitudes in subordinates. This is leadership.

Remember, God may have created humans, but humans created the criteria for being human.



### **CRA NOTES**

**By Joyce Sienia**



### **Would you believe . . . a "Demolition Party?"**

Do you feel if you work one more day in these World War II, bug infested, environment controlled (cold in winter and hot in summer) buildings, you'll lose your grip? Do you fantasize seeing your building succumb to the devastating blows from the wrecking crew? Then the next CRA function is for YOU! The CRA is sponsoring a "Demolition Party" in the very near future..... (we hope!).... so keep your antennas turned in the right direction to pick up further details.

\*\*\*\*\*

CRA BIRTHDAY GREETINGS TO: Wilson Maddox on 3 Apr; Coke Berryman on 4 Apr; Jeanne Garrison on 4 Apr; Cheryl Lawson on 7 Apr; Harry Belch on 11 Apr; Regina McKelvey on 13 Apr; Dionisio Aspiras on 19 Apr; Frances Hodges on 23 Apr; Linda Proffitt on 24 Apr; Shirley Briden on 26 Apr; and Blondine Hammons on 27 Apr.





## Master Shipwreck

HMCN(SS) R. C. Clements, USN

### Liberty!

There are many sports activities to participate in here at Navy Orlando. The Captain's Cup Competition includes: Team sports - Basketball, Football, Softball, Volleyball, Golf and Tennis. Individual sports - Horseshoes, Racquetball and Table Tennis. Additionally, track and field and wrestling when in season. Several members of the staff participate in cycling races and jogging races which are sponsored locally.



The Captain's Cup Competition for team and individual sports accumulates points to see which command wins the cup on an annual basis. In the past, NRMC has fared well in the competition, particularly in the team sports. This year, more staff members have participated in the individual sports. Notification of all sports competition appears in the Plan of the Day. Don't hesitate to sign up and compete.



Recreational Services at the Naval Training Center offers a wide variety of equipment for boating and camping. There are two auto hobby shops - one at NTC and one at the NTC Annex. Molds for building your own boat are available at the NTC complex. Discount tickets for most of the tourist attractions, the Tampa Bay football games, the minor league baseball games, and many special events are available at Recreational Services Information Tickets and Tours Office located inside the Corrine Gate. Phone X5164 or contact your Command Master Chief or Career Counselor.



### Sailor of the Quarter **HM1 Frank Dickens selected**

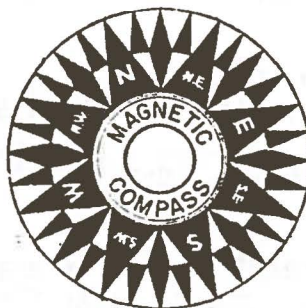


Congratulations are in order for NRMC's Sailor of the Quarter for the first Quarter 1981 - HM1 Frank Dickens! Petty Officer Dickens, from Operating Management Service, competed against 7 other candidates and was selected by the Sailor of the Quarter Board for his outstanding professionalism and performance, his exemplary personal conduct, impeccable military appearance and his devotion to duty.

Congratulations are also extended to the other outstanding candidates:

HM2 A. Bergamo, Orthopedics, HM2 R. Towle, Physical Therapy, HM2 W. Macchi, Nursing Service, HM2 M. Snyder, Operating Management Service, HM3 E. Paige, Nursing Service, HN R. Gallucci, Nursing Service and HN T. VanPelt, Nursing Service.

### Chart your Naval Career



See

**HMC Rex Reeder**

**Career Counselor**

**It's the right time - plan NAVY!**





## ASK THE SKIPPER



By CAPT J. A. Zimble, MC, USN

### The BIG question

Q. I am going to ask the same question that everyone else is asking but I decided to ask someone at the top! When are we really going to move?????

A. As you know, our first scheduled date was over the 14th and 15th of March. I suppose Caesar was rightfully apprised when advised to beware The Ides of March. The one man who really has the answer is our Medical Construction Liaison Officer, LCDR Elster. In a recent memorandum, LCDR Elster stated: "..... this is our final delay. Our move-in will be accomplished over the 11th and 12th of April 1981, with outpatient/emergency care first rendered on 13 April." One of the causes of the delays has been the inoperative air handlers which service part of the second floor and east ends of the third and fourth floors. These air handlers have had parts replaced, have been balanced and have passed the required operational tests. Also, the computer software for the Energy Management Computer System is not ready. One of the complex tasks this system performs is to provide a sophisticated smoke control cycle in the event a fire breaks out in the building. However, since this computer expands upon, but does not replace, the current fire alarm and automatic sprinkler system (which meets all fire codes), it has been decided not to delay patient occupancy awaiting the arrival of the software. Another significant problem deals with some of the fire wall construction which did not meet NAVFAC fire inspection standards. The contractor has been correcting this glitch and will finish shortly. Naturally, there are, and will continue to be, numerous small problems..... but they can be accomplished after the move-in date.

I will trust that LCDR Elster's current predicted move-in date is not an

"April Fool's" joke; indeed, I have already started cleaning out my desk. I started occupying this desk on August 18, 1978..... how did I accumulate so many mementos? Hmmm.... a first issue of Vital Signs, December 1978.... a piece of coal? (my contribution towards the energy crisis!)..... a used Santa Claus suit..... Rear Admiral shoulder boards..... Joyce, bring some boxes! Let's start packing!

### Do you know who this is?



It's Frank Bright, NTC's Deputy Equal Employment Opportunity Officer.

The next time you see Frank, say Hi. If you can't wait until you run into him at the hospital, call him at X4702 or X4657.

### Week of April 20th

#### National Secretary Week



This is the week to extend a positive expression of appreciation to your secretary, your clerk, your bookkeeper, your typist, and all of your office support personnel! Watch the POD and Navigator for detailed plans!

### Whooooizzit?

It's Marlene Lopez, Secretary at the NRMCA Annex. Marlene has worked at the



Annex for two years and has a total of 11 years with civil service. Marlene is married and she and her husband, Robert, have one son, Tony. They are an Armed Services family -- husband, Robert, is a retired Army Major, and son, Tony, and his wife, Debbie, are currently members of the Air Force. Before coming to Orlando, Marlene worked at Tripler Army Hospital. They enjoyed Hawaii so much, they are ready to go back. Anyone want to buy a house?